

2Ham, LS100

Number of Servings: 100 (58.97 g per serving)

Amount	Measure	Ingredient
13.00	lb	Pork, cured ham, lean, low sod, ckd

Nutrients per serving

Nutrition Facts	
Serving Size (59g)	
Servings Per Container	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat --g	
Cholesterol 30mg	10%
Sodium 570mg	24%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 12g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

Place ham in roaster and Bake at 325 degrees F.
Each 15# if ham is fully cooked will reach 165 degrees F in approximately 3 hours.
For cured ham, not precooked, increase cooking time to 4 to 4 1/2 hours. Bring to internal temperature of 165 degrees for serving.

Serve 2 oz slice of ham = 2 oz meat

Notes

Be sure ham purchased is LOW SODIUM. If low sodium ham is not available purchase and prepare fresh turkey or pork roast instead.
Ham should be 285 mg sodium or LESS per OUNCE.

Potentially Hazardous Food. Food Safety Standards: Hold food for service at an internal temperature above 140 degrees F